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Tuesday, August 9, 2016 www.metro.us | t: MetroPhilly | f: MetroPh

THE (NOT SO) ODD COUPLE

Snoop Dogg and Martha Stewart team up for TV. 14

Humidity vs. your hair: How to win the battle. 18

Glen Macnow on how Chip Kelly also ruined preseason football. 22

TRYING KANE

Jury selection begins in state AG's political scandal involving pornographic emails and claims of perjury and revenge. 2

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3 THINGS YOU NEED TO KNOW

SUICIDE BOMBER KILLS AT LEAST 70 AT PAKISTAN HOSPITAL

1 A suicide bomber in Pakistan killed at least 70 people and wounded more than 100 on Monday in an attack on mourners gathered at a hospital in Quetta, according to officials in the southwestern province of Baluchistan. The bomber struck as a crowd of mostly lawyers and journalists crammed into the emergency department to accompany the body of a prominent lawyer who had been shot and killed in the city earlier in the day, Faridullah, a reporter who was among the wounded, told Reuters. Abdul Rehman Miankhel, a senior official at the government-run Civil Hospital, where the explosion occurred, told reporters that at least 70 people had been killed, with more than 112 wounded, as the casualty toll spiked from initial estimates. REUTERS

LAWMAKER'S YOUNG SON DIES IN ACCIDENT AT KANSAS WATER PARK

2 The young son of a Kansas lawmaker died at a popular water park in Kansas City on Sunday in an apparent accident on what has been dubbed the world's tallest water slide, officials and media said. Rep. Scott Schwab confirmed in a statement to media that his son, Caleb Thomas Schwab, had died in the accident at Schlitterbahn water park in Kansas on Sunday afternoon. "As we try and mend our home with him no longer with us, we are comforted knowing he believed in his savior, Jesus, and they are forever together now. We will see him another day," Schwab said in a statement. Schlitterbahn spokeswoman Winter Prosapio said the child died while riding the Verruckt water slide, which is the world's tallest water slide, according to Guinness World Records, at more than 168 feet tall. REUTERS

MUDSLIDES TRIGGERED BY STORM CLAIM 40 LIVES IN EASTERN MEXICO

3 Mudslides triggered by intense rainfall in eastern Mexico killed 40 people as saturated hillsides collapsed onto modest homes in the wake of now-dissipated Tropical Storm Earl. The death toll rose after state governors in the two most affected states confirmed two more deaths from a series of mudslides that struck hillside communities. The head of national emergency services previously put the death toll at 38, the vast majority of whom were found in Puebla state, while the remainder died in neighboring Veracruz. Rafael Morena Valle, governor of Puebla state, said canine units were searching for the missing, but the number of unaccounted for residents was unclear. REUTERS

5 Things to know about AG Kathleen Kane's trial

Pennsylvania's attorney general is facing charges over leaked sealed grand jury documents.

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A criminal trial against Pennsylvania Attorney General Kathleen Kane began Monday, opening the next chapter in a more than three-year political scandal that's roiled the state government.

The case stems from a scandal back when Kane took office in 2013, promising to review how officials handled the Jerry Sandusky child abuse case at Penn State. Kane is now facing charges that she illegally leaked grand jury information to harm a political rival.

The Democratic attorney has pleaded not guilty, insisting the charges were brought against her as revenge after she uncovered a cache of pornographic and bigoted emails that were being swapped among high-ranking state employees at her office, using their government email accounts.

Jury selection continued into the late afternoon Monday as Montgomery County prosecutors and Kane's defense team worked to whittle down 100 potential jurors to 12, Penn Live reported.

As trial is expected to commence this week, here's five things to know:

1 Kane is facing charges for perjury, obstruction, official oppression and other offenses, stemming from accusations that she lied in testimony during a grand jury hearing relating to a 2009 investigation of a Philadelphia NAACP leader's use of grant money. She also allegedly lied about signing an oath to keep grand jury information a secret, according to The Morning Call.

2 A Montgomery County judge ruled in July that Kane cannot present a "vindictive prosecution" defense, barring the attorney general's team from introducing the offensive emails as evidence, according to the Citizens' Voice.

3 Kane's law license was temporarily stripped stemming from her charges in September 2015; an appeal Kane filed in February for its reinstatement was denied. Former Philadelphia mayor and Pennsylvania governor Ed Rendell said Kane doesn't need a law license to act as attorney.

AG Kathleen Kane
CHARLES MOSTOLLER

4 Frank Fina, a state prosecutor who helped put away Sandusky, quit the AG's office soon after Kane won the election in 2012. By 2014, Kane and Fina had each accused the other of leaking information to the Inquirer/Daily News. Kane thought Fina tipped the Inquirer that Kane refused to prosecute a corruption case over racial bias; Fina fired back, accusing Kane of leaking to the DN the department's probe regarding the NAACP leader, J. Whyatt Mondesire.

5 Kane was the first woman elected to the state's post. She isn't running for re-election this year.

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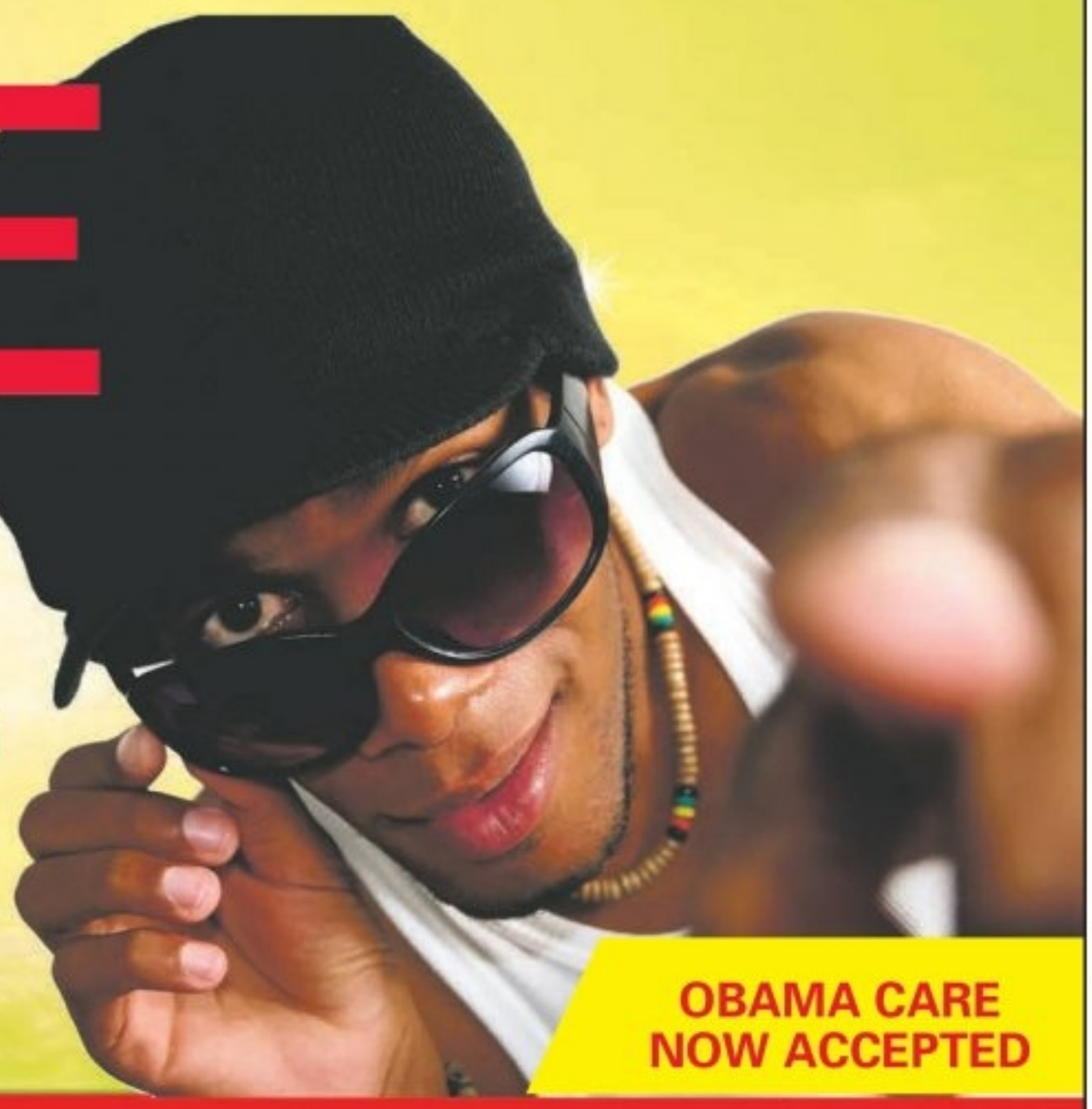

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Police: Murder-suicide note in home where bodies of five found

Wife reportedly planned to move out on day of shooting to escape abuse.

KIMBERLY M. AQUILINA
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Authorities have identified the family that was found dead on Saturday in an apparent murder-suicide in their Pennsylvania home.

The Berks County District Attorney's Office identified the gunshot victims as Mark Short, 40, his wife, Megan, 33, and their children Lianna, 8, Mark Jr., 5, and Willow, 2, Philadelphia Media Network reported. The family dog was also shot and killed.

A handgun was found near one of the adults, officials said, but police have not identified the shooter. A "murder-suicide" note was also discovered in the home.

The bodies were discovered on Saturday afternoon in the town of Sinking Spring, 70 miles northwest of Philadelphia in Berks County.

Police said there were "domestic issues" between the parents, with Megan planning to leave her husband on the day of the shooting. A week ago, Megan appealed on Facebook for help moving out of the Brookfield Manor home, the Reading Eagle reported.

A neighbor, Angie Burke, said she posted an online article by Leigh Stein titled "He didn't hit me. It was still abuse," to her Facebook page and Megan replied, "It really does a number on your mental health for sure."

According to the Reading Eagle, Megan then added: "This is why I am leaving my marriage Angie. 16 years."

Burke said that Megan confessed to her that she had been in an abusive relationship in the past.

"I can't say I spoke much to Mark, maybe waved," Burke said. "He would pull the kids in a wagon, and you would never know. But that's the thing, you don't know."

This isn't the first time the Short family made the news. Willow had a heart transplant when she was a week old, The New York Times reported in 2015. Her parents relied on a specialty pharmacy to send the drugs needed to keep their daughter's body from rejecting the heart.

One time, Megan recalled in a blog post, the pharmacy did not send enough medication and she was afraid for her daughter's life.

"I have anxiety and nightmares," Megan wrote on the blog Philly at Heart in April. "Certain smells and hallways trigger memories every single time. Yet sometimes the memories return out of nowhere like a beeping sound from someone's phone reminding you of the monitor alarms. … I don't think PTSD ever truly goes away but, with therapy, medication and the right support, I have begun to loosen its grip on me."

"I really struggle with the knowledge that we benefited from your loss," Megan Short wrote to her daughter's organ donor family on Facebook. "Your world was torn apart, yet you were selfless and compassionate enough to think of helping others." @NUTMEG036 VIA @ENDTHEWAITINGLIST/FACEBOOK

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SEPTA chief's amnesty gets passports returned

A traveling catastrophe was averted.

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A mom and her children visiting Philadelphia experienced a moment of panic Thursday, when a SEPTA rider snatched her purse containing her family's passports. But with the help of SEPTA Police Chief Thomas J. Nestel III, that family can rest easy.

Ximena Estrada, 35, and her 14-year-old son and 4-year-old daughter have been visiting family since June. The three had taken the Route 58 bus through the Northeast Thursday, but when Estrada got off, she said she realized she had left her backpack on the bus, which contained her kids' passports, 6ABC reported.

Surveillance images of the suspect PROVIDED

"On Thursday, my trip turned into a nightmare and I was so sad. But when I got that phone call, it was like, wow. I felt so grateful, so grateful."

Estrada

"On Thursday, my trip turned into a nightmare and I was so sad," the Colombia native told the Philadelphia Inquirer. "But when I got that phone call, it was like, wow. I felt so grateful, so grateful."

On Saturday morning, Nestel announced that police would offer amnesty if the thief came forward with the stolen property by 5 p.m. Monday, explaining that the family is due to return home to Pereira, Colombia, Tuesday.

Authorities also released SEPTA surveillance images of the suspect grabbing the bag and getting off the bus at the Bustleton Avenue and Strahle Street stop in Rhawnhurst.

By Sunday morning, SEPTA's top cop tweeted that the offer had worked, and, as promised, the suspect wouldn't be arrested.

"I love being a police officer," Nestel tweeted along with a screenshot of a text message exchange between himself and Estrada after her family's passports were returned.

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Federal charges dropped against four who jumped fence at DNC

The protesters will still face local charges.

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Federal charges against four protesters who scaled a security fence outside the Wells Fargo during the Democratic National Convention were dropped Monday.

The protesters, three women and one man, will instead face local charges, though it's not clear what those will be, the Associated Press reported.

Metro reported in July that four fence-jumpers, Anna Marie Sternberg, of California, Barbara Burns, of Boston, Katherine Roberts, of North Carolina, and James Williams, of Maryland, were arrested on the DNC's second day. They were detained overnight in the city's federal detention center before all four were released after a hearing the next day.

Seven other fence-jumpers still face federal charges, according to the AP. But Mayor Jim Kenney decriminalized minor offenses several weeks ahead of the DNC to lessen the odds of the mass arrests that plagued the 2000 Republican National Convention in Philly.

> *"All of a sudden, we were put in the paddy wagon and taken to jail."*
>
> Sternberg

In all, about 100 other demonstrators were briefly detained and fined during the political gathering.

After her client's arrest, Sternberg's attorney, Paul Hetznecker, told Metro he planned to explore "whether or not they were selectively prosecuted" and why the decision was made to "charge them as opposed to following through on the citation they issued."

Sternberg said Philadelphia police detained her and her fellow protesters, and had initially said they would be freed in a few hours. Then, they found out they would be facing federal charges.

"All of a sudden, we were put in the paddy wagon and taken to the federal jail," Sternberg said, adding that they had no idea they would later be charged with a federal misdemeanor. "Nobody really told us till after we got there."

Protesters jump the fence GETTY IMAGES

Burns' attorney, Trevan Borum, said the protesters didn't realize they would be treated differently than others who were issued $50 fines.

"I think that her landing in federal court, and the other protesters getting civil citations, was quite a surprise," Borum said of his client.

BRIEF

Florida is investigating apparent new case of locally transmitted Zika

Florida health officials are investigating a new non-travel-related case of the Zika virus in Palm Beach County, but it is not yet clear whether the person contracted the virus from local mosquitoes or from a recent trip to Miami.

Gov. Rick Scott said in a statement on Monday that the infected person recently traveled to Miami-Dade County, which is experiencing an outbreak of Zika caused by local mosquito transmission. So far, 16 people have been infected in the Miami area. The Palm Beach case brings the state's tally to 17.

An investigation was underway to determine how the person in Palm Beach County became infected.

The governor said the state still believed active transmission of the virus were confined to a 1-square-mile area in Miami-Dade County that includes Miami's Wynwood district.

The U.S. Centers for Disease Control and Prevention is warning pregnant women to avoid this area in Miami because Zika has been tied to birth defects.

REUTERS

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Muslim teen sues Texas school district after arrest over homemade clock

The suit claims the Irving Independent School District and the city, west of Dallas, discriminated against the teen because of his religion.

The family of a Muslim boy, who was arrested last year after taking a homemade digital clock to a Dallas-area high school, sued the Texas school district and the city where he once lived on Monday, saying they violated the teenager's civil rights.

The school district in a statement denied violating the student's rights and said it could provide no further comment because the matter was in litigation.

The family has previously demanded $15 million from the city of Irving and the school district.

The 2015 arrest of Ahmed Mohamed, then a 14-year-old bespectacled ninth-grader who dabbled in robotics and attended high school in Irving, had ignited a social media firestorm.

Irving police accused him of making a hoax bomb.

"The only way to get justice is through money," Mohamed told a news conference in Texas on Monday.

After Mohamed was seen in a NASA T-shirt in handcuffs, the Twitter hashtag #IStandWithAhmed trended globally, and the teenager was praised by Facebook chief executive officer Mark Zuckerberg, who said: "Having the skill and ambition to build something cool should lead to applause, not arrest."

A few months after the incident, Ahmed and his family moved to Qatar after the teen has accepted an offer from the Qatar Foundation to study at its Young Innovators Program. The announcement of the move came a few hours after Ahmed visited the White House for an astronomy night hosted by President Barack Obama.

The teen, a U.S. citizen, returned to the United States a few weeks ago for summer vacation and plans to return soon to Qatar to attend a private school after receiving death threats in the United States.

"I lost my home, I lost my creativity. I used to love building things but now I can't," he said at the news conference. "I've lost my security."

REUTERS

A homemade clock made by Ahmed Mohamed is seen in an undated picture released by the Irving Texas Police Department. IRVING TEXAS POLICE DEPARTMENT HANDOUT

"I lost my home, I lost my creativity. I used to love building things but now I can't ... I've lost my security."

Ahmed Mohamed

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US urges Russia to halt Syria sieges; Russia slams aid politicization

The United Nations Security Council must not allow civilians on both sides of the Syrian city of Aleppo to be cut off from humanitarian aid, the United States said Monday as Russia accused Washington of politicizing a humanitarian issue.

Insurgents effectively broke a monthlong government siege of eastern, opposition-held Aleppo on Saturday, severing the primary government supply corridor and raising the prospect that government-held western Aleppo might become besieged.

The U.S., Britain, France, New Zealand and Ukraine organized an informal Security Council meeting on Aleppo on Monday with briefings by a "White Helmet" rescue worker and two U.S.-based doctors from the Syrian American Medical Society who recently returned from Aleppo.

Smoke rises as Syrian opponents burn tires to block the ground visibility of the war crafts belonging to the Russian Army. GETTY IMAGES

"If the fighting continues it is conceivable that civilians on both sides of Aleppo could be cut off from the basic assistance they need. We cannot allow this to happen," U.S. Ambassador to the United Nations Samantha Power said.

Citing U.N. figures, Power said Syrian government forces were to blame for nearly 80 percent of the besieged areas throughout Syria. Aleppo, Syria's biggest city before the outbreak of the conflict five years ago, has been divided between government forces and rebels since the summer of 2012.

"We once again urge Russia to stop facilitating these sieges and to use its influence to press the regime to end its sieges across Syria once and for all," she said.

The United Nations aid chief has called for weekly 48-hour humanitarian pauses in fighting to deliver aid to Aleppo.

Russian Deputy U.N. Ambassador Vladimir Safronkov accused the United States and its Western allies of politicizing a humanitarian issue, urging them to "admit that the main cause of all of the humanitarian problems in Syria is not the counter-terrorist actions by the legitimate government of Syria.

"The propaganda and the emotional rhetoric, the unfounded accusations, the information campaign, means that we cannot move toward a political settlement in Syria," Safronkov said.

REUTERS

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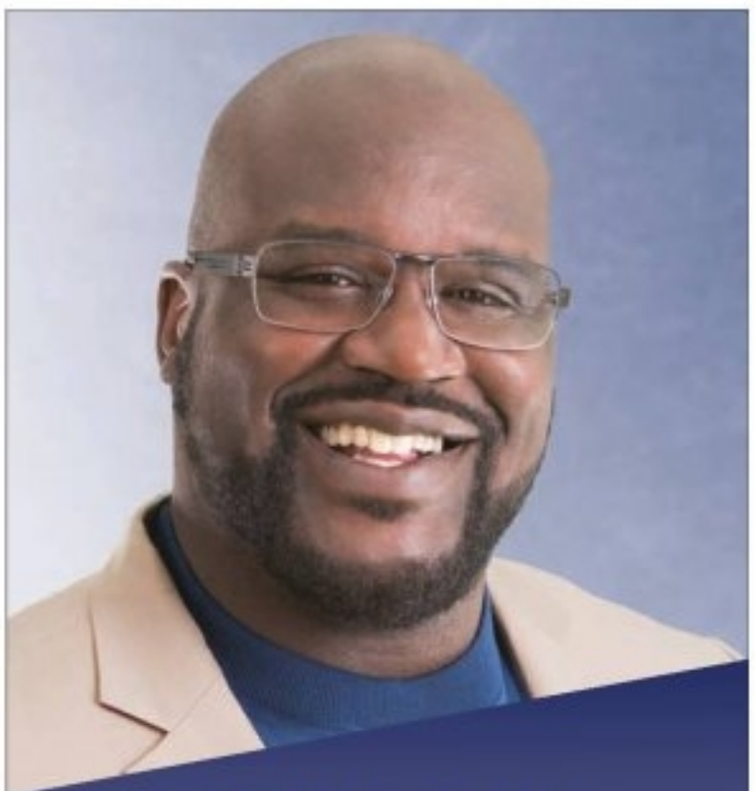
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A disenchanted Republican, fearing Trump, launches third-party run

There is virtually no chance that the newly announced candidate, Evan McMullin, could win and only a slight chance he will even be able to get his name on the ballots of key states.

A former CIA officer and congressional staffer on Monday launched a long-shot bid for president, a Republican billing himself as a conservative alternative to Donald Trump who disenchanted voters can rally around.

Evan McMullin has no name recognition across the country and was not even well known in the Capitol where until Monday he was the chief policy director for the organizational body of all Republicans in the House of Representatives.

But that will not stop some conservatives from pitching him as an option in the Nov. 8 election for those who never warmed to Trump and remain adamantly opposed to Democrat Hillary Clinton.

"Donald Trump appeals to the worst fears of Americans at a time we need unity, not division," McMullin wrote in a letter announcing his candidacy. "With the stakes so high for our nation and at this late stage in the process, I can no longer stand on the sidelines."

McMullin's campaign was first reported by MSNBC and BuzzFeed. He could not be immediately reached for comment.

Trump was formally anointed his party's nominee last month after beating 16 rivals in the state-by-state primary contests. But many Republicans have been concerned about Trump's policies, such as his proposal to temporarily ban Muslims from entering the country and his free-wheeling, often insulting, rhetoric.

Donald Trump GETTY IMAGES

Evan McMullin FACEBOOK

"Donald Trump appeals to the worst fears of Americans at a time we need unity, not division."

McMullin

McMullin has never held public office. In addition to lacking a quick source of campaign cash, he will face immediate hurdles to try to get his name on enough ballot papers to make himself a serious candidate.

Texas, for example, requires third-party candidates to get more than 79,000 signatures from residents who did not vote in either the Republican or Democratic primary. And the deadline for that was in early May.

Deadlines to get on the ballots have also lapsed for North Carolina, Illinois and Florida, all large states that also could be pivotal in the election.

The best McMullin could likely hope for would be to simply play spoiler to Trump in a handful of states, eating away at the New York real estate developer's ability to win states that are generally reliably Republican.

REUTERS

BRIEF

Trump seeks a campaign reset with economic speech

Republican Donald Trump sought to regain momentum for his White House campaign on Monday by proposing sweeping tax breaks, cuts to federal regulations and a revival of the stalled Keystone XL oil pipeline project.

The New York businessman used an address on the economy to try to turn the page after a week of missteps in which he came under heavy criticism, including from some in his own party, and rival Democrat Hillary Clinton surged ahead in opinion polls with three months to go until the Nov. 8 election.

Trump followed prepared remarks rather than using the free-wheeling style at rallies that has often produced controversial comments. He also kept his cool as some 14 protesters jumped to their feet and shouted at him at intervals as he spoke at the Detroit Economic Club.

Most of the interruptions were at one- or two-minute intervals, giving the appearance of a coordinated effort to rattle him. He was also cheered repeatedly by the crowd.

REUTERS

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Power outage at Delta causes flight cancellations, delays

Delta Air Lines Inc. canceled hundreds of flights and delayed many others on Monday after an outage hit its computer systems, grounding planes and stranding passengers of one of the world's largest carriers at airports around the globe.

Atlanta-based Delta, the second-largest U.S. airline by passenger traffic, said it had canceled 451 flights after a power outage that began around 2:30 a.m. Eastern Daylight Time in Atlanta. Flights gradually resumed about six hours later.

The disruption could deal a blow to the reputation of Delta, which for months canceled far fewer flights than rivals and boasted of its successes to corporate and leisure customers to win their loyalty.

Travelers wait in line at the Delta check-in counter at LaGuardia Airport in the Queens borough of New York City. GETTY IMAGES

Delta said it was investigating the cause of the "systemwide outage." As of 1:30 p.m., it was operating about 1,679 of its nearly 6,000 scheduled flights.

The problems arose after a switchgear, which helps control and switch power flows like a circuit breaker in a home, malfunctioned for reasons that were not immediately clear, said Georgia Power spokesman John Kraft.

The utility, which provides electricity to most counties in Georgia, earlier sent a team to investigate, Kraft said. The problem has not affected other Georgia Power customers, he said.

The carrier was probably running a routine test of its backup power supplies when the switchgear failed and locked Delta out of its reserve generators as well as from Georgia Power, industry analyst and former airline executive Robert Mann said. That would result in a shutdown of Delta's data center, which controls bookings, flight operations and other critical systems, he said. REUTERS

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Seth Rogen settles the Bloom vs. Bieber debate

ALL PHOTOS GETTY IMAGES

Could it be? Another Orlando Bloom versus Justin Bieber battle? Except this time, it's the battle of the sausages, and "Sausage Party" star/expert Seth Rogen, carefully compared the two.

That's right, last week Katy Perry's boyfriend's junk was in full bloom on their romantic getaway to Hawaii. But his arch-nemesis, Biebs, took a trip to Italy with his new lady friend, model Sahara Ray, where the two went skinny-dipping.

So, whose meat is meatier? Seth Rogen knows. The actor weighed in on "Watch What Happens Live."

Rogen answered without hesitation, "I've seen Justin's before, so maybe I was just like, you know, 'I've been there, done that,' a little bit. And it's a wonderful one! But Orlando's, I was really happy with. Good for him! He's in great shape overall," he said. "So I thought, honestly, Orlando's probably a bigger guy, and proportionally, his penis looked to scale, which makes me think overall it's probably bigger."

We wonder what Miranda Kerr thinks of all of this.

the word

Snoop and Martha teaming up for TV

Snoop Dogg and Martha Stewart are teaming up for the buddy comedy of all buddy comedies — except it's more of an unscripted reality series/cooking competition where they serve dinner to their friends on VH1.

The dream duo will star on a TV series with the working title "Martha & Snoop's Dinner Party," in which the two play host to a rotating cast of their celebrity friends.

In case this seems like an unlikely pairing, D-o-double-g and the lifestyle host have a history of small screen appearances together — including the time he was on her show to make "special Christmas brownies" and when they quizzed each other on ABC's "$100,000 Pyramid." Or, as Snoop tells Variety: "My homegirl Martha and I have a special bond that goes back. We're gonna be cooking, drinking and having a good time with our exclusive friends. Can't wait for you to see how we roll together!"

The series is set to premiere this fall and will air weekly on VH1. We can't wait to see how Martha rolls, too, Snoop.

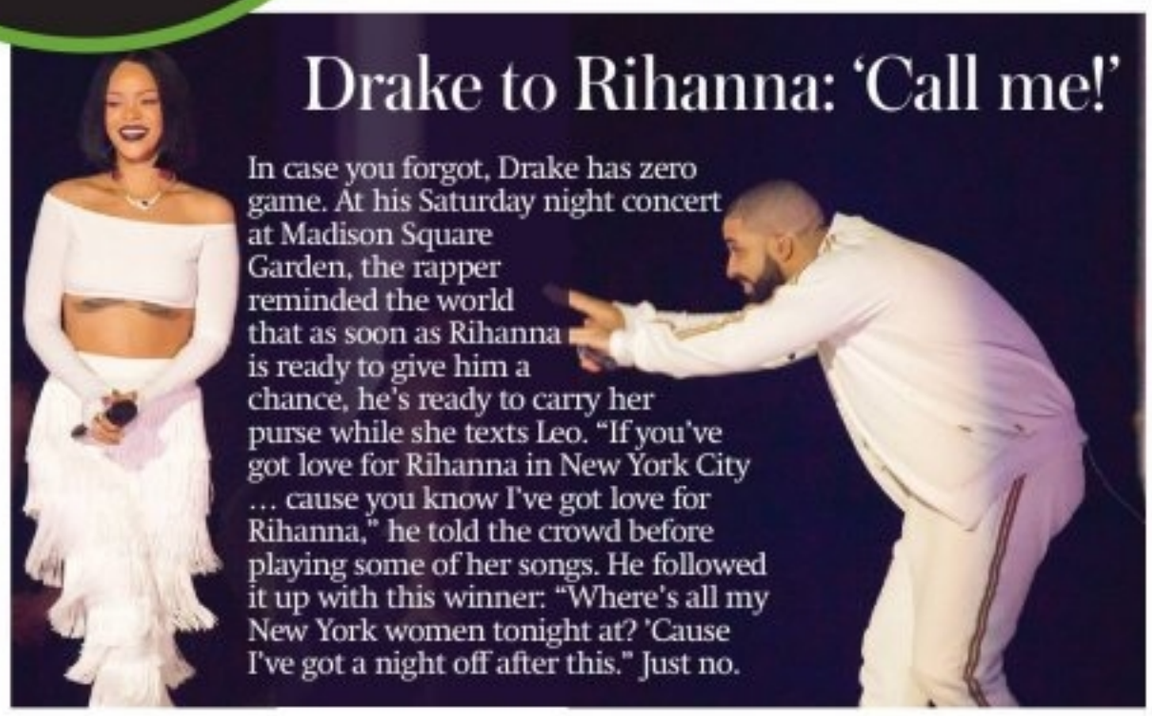
Is Rob Kardashian over his own reality show?

Rob Kardashian has been skipping filming for his new reality show, "Rob & Blac," with fiancee and baby mama Blac Chyna. For the past month, the reclusive Kardashian has been complaining that the show will ruin his relationship with Chyna, the way "Keeping Up With the Kardashians" ruined his family.

Signs of trouble in reality-television paradise started to surface when Rob was absent at his grandmother's birthday party in San Diego, leaving Chyna to film alone. Producers are now worried they will not have enough material for the show.

Still, one fewer Kardashian on TV might not be such a bad thing.

Drake to Rihanna: 'Call me!'



In case you forgot, Drake has zero game. At his Saturday night concert at Madison Square Garden, the rapper reminded the world that as soon as Rihanna is ready to give him a chance, he's ready to carry her purse while she texts Leo. "If you've got love for Rihanna in New York City … cause you know I've got love for Rihanna," he told the crowd before playing some of her songs. He followed it up with this winner: "Where's all my New York women tonight at? 'Cause I've got a night off after this." Just no.

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Chill Moody gets 'hip-hoppy' with his own custom brew

In a collaboration with Dock Street Brewery, the Philly rapper is launching the nicethings IPA.

JENNIFER LOGUE
@jenniferlogue
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Chill Moody performs. ALL PHOTOS HARRISON KENDALL

Over the past few months, West Philly rapper Chill Moody has been hard at work with the Dock Street Brewery team to create his own signature beer — the nicethings IPA. Using ingredients like pineapple, mango, lemon balm and fresh-to-death Mosaic hops, the 31-year-old Philadelphia music ambassador (he earned the title after being appointed by Councilman David Oh) says of the brew's inspiration on the Dock Street website:

"From the little victories to the big milestones, even some of these trying times we face, you just have to appreciate what you have, as nice things."

Working with hip-hop artists is nothing new for Dock Street — last November they teamed up with Inspectah Deck of the Wu Tang Clan for their Dock Street Ain't Nothing to Funk With beer, which sold out in 50 minutes! Given that Chill Moody is a regular at the brewery, a collaboration was only a matter of time. Together with Vince DesRosiers, head brewer, three different batches of the nicethings IPA were produced and the final version will be decided by you.

That's right — this Tuesday, beginning at 4 p.m., the three brews will be available for sampling at Dock Street Brewery. Once you've tried them all, cast a vote for your favorite and the batch with the most votes will be the official nicethings IPA.

Aside from the brews, there will be music, too. Get Up will DJ from 6 to 9 p.m. and Chill Moody will perform later in the evening.

The nicethings IPA will officially make its debut on Sept. 30, just in time for Chill Moody's performance at the first-ever Roots Picnic in New York.

If you go

Dock Street Brewery
701 S. 50th St
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dockstreetbeer.com

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2A235 Cassandra Lawson boxes of books, clothing, bedding, a bed; 2A52 Eric L Harden household items;
2A81 Danielle Freeman Household items; 2B39 Andre Phillips Clothes, wheelchair and electronics;
2D148 Pamela Prophet storage cabinet, photos, bike, 2 chairs, 7 totes; 2D205 Korey Anderson Jr Household Goods;
2D50 Valerie Denise Swoope 8 bins, TV; 3A114 TiAira Neal Household Good;
3A196 Samir Miller queen bed with 2 twin box springs table; 3A232 Joy Jefferson household goods;
3A280 Agnes Emerson household goods / clothes; 3A295 Nakie D Johnson household items;
3A35 Paul Davis boxes; 3A43 Samuel Suber dj equipment, clothes, household items;
3A50A Mary L Rivera bags and containers; 3C04 Tamika S Gilmore 1 bedroom set;
bed, dresser, nightstand, an additional mattresses and box spring, 3 TV's, chair, entertainment center, deep freezer, 20 bins; 3C31 Leslie Starkey clothes, kids stuff, household goods;
3E07 Robert A Jackson 5 bunk beds 9 mattress 2 air conditioners 2 t.v.'s; 3E22 Ivan Derrick Totes;
3E70 Audra C Hatton 6 dressers, 3 tv 2 bags of clothes; 3L49 Tamara White 4x4 2 tvs a small ac, and cloths;
4A107 Gordon Baxter Household items; 4A48 Tanya Taylor clothes and sneakers and totes with dvds;
4A90 LaSha Orr household items, including 3 beds, tvs, dressers, electronics, dvd players, laptops, clothes;
4C09 Ruby Ford house hold; 4E192 Sharon Bempong-Kwaku clothes, and hair dryer and ironing board;
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Funny on the fly

In "Don't Think Twice," Mike Birbiglia and Chris Gethard explore the culture of improv.

RACHEL RACZKA
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"Saturday Night Live" greats are quick to tell you about their glory days of doing improv. Troupes like Second City (Tina Fey, Chris Farley), Upright Citizens Brigade (Amy Poehler, Horatio Sanz) and Groundlings (Kristin Wiig, Will Ferrell) should sound as familiar as their alumni who hit it big. But what happens to the troupe members who don't make it to the big time?

That was the difficult question that writer-director Mike Birbiglia explores in "Don't Think Twice," a comedy about a group of friends who do improv comedy together until one of them breaks big. Naturally, this causes some conflict.

We chat with Birbiglia, who also stars in the film, and his co-star Chris Gethard about the art of comedy and the unnatural art of filming natural improv.

In the improv classes in the film, you guys are constantly nailing in the point "don't think twice." At what point did you really start to let go as comedians?

Chris Gethard: To me, as an improviser, one of the most exhilarating parts is when you start getting laughs and you're not sure why they're laughing. When you're in a scene and you're just linking up with the other person on stage, and you forget that there's an audience but you incidentally hear them reacting — that's the freeing, powerful moment.

How did you both start doing improv?

Gethard: I started classes at Upright Citizens Brigade the week of my 20th birthday. It was the Island of Misfit Toys; everyone was a weirdo and supercreative. It was the place where I belonged. I always felt like an outcast, and to show up where you're in a theater and it doesn't matter if you're weird or young, if you're funny and work hard, you can hang out.

Mike Birbiglia: For me, when I was a freshman in college, I was cast into the Georgetown Players improv group. Charna Halpern and Liz Allen from Improv-Olympic came to teach workshops, and I think Liz is probably the best improv teacher in the country. Those guys coming to Georgetown changed the way I looked at everything.

Some real prompts and bits from your own improv experiences made it into the film. How did that work?

Gethard: I think Mike did such an interesting thing, because it's hard to film improv. By definition it's something that's happening in the moment. [And for the film] there were certain story points that needed to happen in those improvised scenes, and those were scripted. But then Mike transcribed some real improv shows, that added another layer, and then there were portions of those improv shows that were actually improvised in front of an audience of extras. He did such a nice job of blending them together so that the moments that are really improvised, you can really feel it. And I think it speaks to Mike's skills that it's very hard to tell which parts are improvised and which are not.

Birbiglia: I tried to have the whole film feel like it's just happening. I rewrote the script 10 or 12 times over 18 months, but on the day, I'd say, "Whatever feels real to you, just say. Memorize the lines, then forget them. And whatever comes out, comes out."

Birbiglia GETTY IMAGES

"Don't Think Twice" opened in theaters Aug. 5. JON PACK

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New on Netflix

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'THE LITTLE PRINCE'

The new animated film of "The Little Prince" is no mere adaptation. It's also part fan fiction, part update. Technically it includes all of Antoine de Saint-Exupery's classic 1943 novella, about a pilot who happens upon a mysterious child from another world. It's just that it's now the jumping-off point for a movie that goes in its own, new direction. It honors the book while finding what it means in 2016.

For one thing, its hero is no longer only The Aviator (voice of Jeff Bridges). He's now the crazy old man who lives next door to The Little Girl (Mackenzie Foy), a bright young kid whose single mom (Rachel McAdams) is a stressed-out helicopter parent. They bond, and he regales her with his tale of meeting a star child (Riley Osborne), and how he regaled him with his journeys visiting alien worlds that comment on our own. Then it goes off in its own, new direction, turning into "Hook," only good.

The book was part satire, part lament of an adult on losing the innocence and wonder of childhood. Making a film about it now means addressing an era of over-parenting, when children are over-protected, their lives hypercurated by adults afraid their kids make the same mistakes they did. This new "Little Prince" is creative and shape-shifting. It's an original way to tackle a famous work, exploring why it's still relevant without damaging it.

Mackenzie Foy and Jeff Bridges provide voices in a new take on "The Little Prince," which now streams on Netflix. NETFLIX

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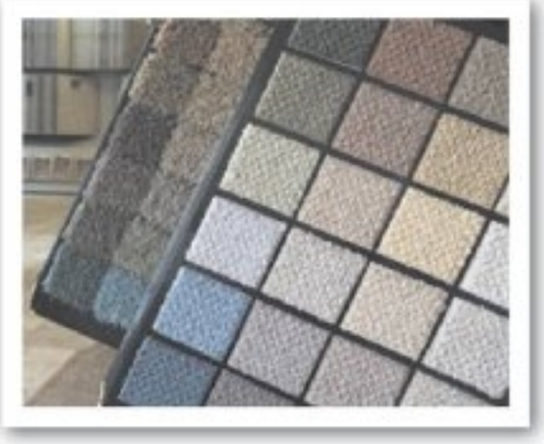

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For curly hair, the best way to fight frizz is to moisturize, says Jenny Balding. ISTOCK

Humidity-proof your hair

You can do better than a ponytail, says our expert.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

We're about to reach peak humidity this week, but that doesn't mean a basic updo is your everyday solution.

"If I see one more topknot on the train," exclaims Jenny Balding Cutler Salon/ Redken styling and grooming expert. "We can use our imagination more than that."

Here, she tells us how to look cool despite the steamy temps.

Dry shampoo is your new BFF

Shorter hair is so on-trend right now and "not everyone can pull their hair back since they've chopped it into the latest texturized bob," Balding points out. Her solution for those whose only option is to leave their hair down: Use a dry shampoo — even on clean hair. "Don't save your dry shampoo for when your hair is oily," she says. "Use it as a styling tool and it will prevent your hair from getting slick or sweaty quicker." Balding says once you've washed your hair, style it or let it air dry then spray dry shampoo all through the roots and midline. "It's going to give you some body."

Redken Frizz Dismiss Rebel Tame, $22, Ulta.com PROVIDED

Jenny Balding PROVIDED

Don't fight your curls

For curly hair, it's all about moisturizing your locks. "Don't fight your curls," says Balding. "Look at what you can do to make your texture work for the humidity instead of trying to get, say, the perfect beachy wave. If your hair is going to be really curly, it's going to be really curly." Balding recommends applying a deep moisturizing treatment twice a week, from midlength to the ends of your hair. "That's going to put you on a good track, because once your hair is more moisturized, it's less likely to get frizzy and go absolutely mental when you step outside," she says. Balding also recommends using a light styling cream. She likes Redken's Frizz Dismiss Rebel Tame. "It really cuts the frizz."

Boxer braids like Katy Perry's — a Fashion Week fave — are tress tamers. GETTY IMAGES

Step-up your updo

Face it, when the heat wave comes on, everyone just wants their hair off their neck. "Boxer braids are so on-trend at the moment, but if you can't do that, just use your imagination to style it a bit differently," advises Balding. Her suggestion: Sweep your hair to the side, twist it and pin it "to still make it look stylish but not your usual topknot — which everyone and their granny is doing right now."

Sylvain Le Hen barrette, $50, quietstorms.com PROVIDED

Another look Balding is loving: statement hair accessories. "Even doing a half-up, half-down and using a nice clasp in the back just to bring that together," she says. To achieve the look, the stylist says take half the hair from just above the ear bring it back just above the nape, and then use a barrette to hold it together.

Englund as Freddy Kreuger PROVIDED

Monster Mania heads to New Jersey

Get your creep on!

MIKE FENN
@MetroPhilly
letters@metro.us

Englund sans makeup. PROVIDED

It is still a couple months from Halloween, but that hardly matters to organizers and fans of one of the biggest horror gatherings on the East Coast.

On Aug. 12-14, Monster Mania will celebrate its 34th show at the Crown Plaza Hotel in Cherry Hill, New Jersey.

Horror fans young and old will have all weekend to browse special horror-themed merchandise, show off their costuming and makeup skills, enjoy classic movies and other special events and, of course, meet some of their favorite icons.

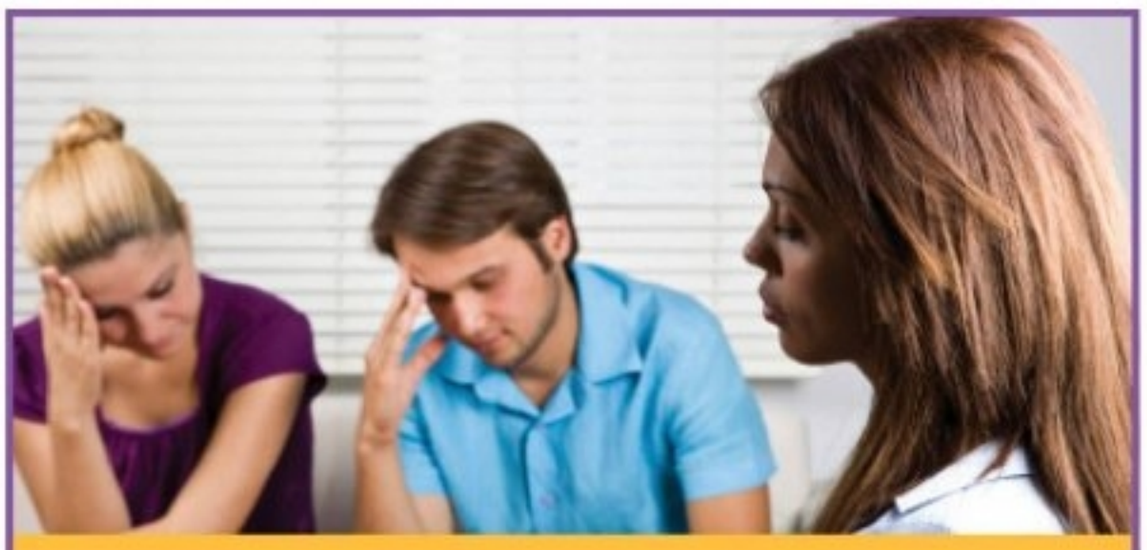
Returning to the convention is a staple of both horror cinema and Monster Mania, Robert Englund. Best known as Freddy Krueger in the original seven "Nightmare on Elm Street" movies (a role he reprised in "Freddy Vs. Jason" as well as the TV series "Freddy's Nightmares"), the classically-trained Englund has also made his mark on the darker side of cinema with turns in "Urban Legends," "The Mangler," and behind the camera in "976-EVIL."

Joining Englund will be Tuesday Knight, Danny Hassel, Andras Jones and Lisa Wilcox from "A Nightmare on Elm Street 4: The Dream Master."

In addition to Englund, Monster Mania promises many other celebrity guests, including members from such popular horror franchises as "Halloween," "Fright Night," and even "The Walking Dead." Some personalities, such as actors Jason Patric (of the 1980s classic "The Lost Boys") and Bonnie Aarons ("The Conjuring 2"), will be making their convention debuts.

Even casual or nonhorror fans will have their tastes satisfied, as former TV stars Lee Majors ("The Fall Guy") and Amanda Bearse ("Married... With Children") will be on hand, in addition to wrestling star Ric Flair and mentalist The Amazing Kreskin.

As if celebrity guests and exciting merchandise weren't incentive enough, fans will also have the opportunity to watch classic horror films (including a midnight production of "The Rocky Horror Picture Show," starring Philly's official shadow cast Transylvanian Nipple Productions) and engage in costume competitions.



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The happiness reading list

Five books to keep you optimistic in these crazy times.

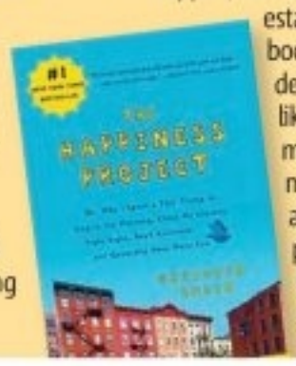
NICOLE HUNTER
@MetroPhilly
letters@metro.us

From David Bowie and Prince, to Orlando and Nice, 2016 has been many things, most of them heartbreaking. And don't get us started on the new lows reached during this presidential campaign. We're living in a time of great disruption and change, which is either terrifying or motivating, depending on how you look at it. Here, a list of books old and new that will help you be the change you want to see.

"The Happiness Project"

by Gretchen Rubin

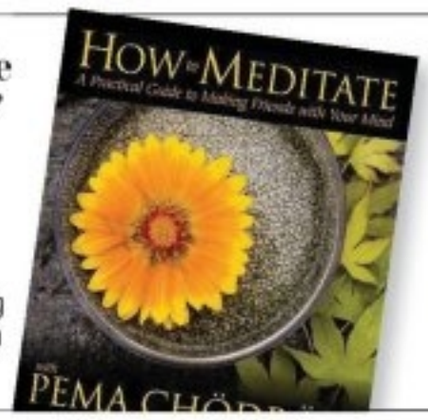
What better way to turn 2016 around than by following Rubin's lead and devoting the year to the pursuit of happiness? The book mixes real-life trial and error, thought-provoking commentary and academic research to deliver a completely doable guide to contentment. Her podcast, "Happier," advances the work established in her book, with episodes devoted to things like, "accept myself, expect more of myself" and "don't let the perfect be the enemy of the good."



"How To Meditate: A Practical Guide to Making Friends with Your Mind"

by Pema Chodron

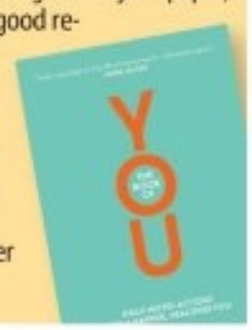
This is less of a self-help manual and more of a practical guide to the very useful skill of meditation. It's an especially valuable ability to have on those days when you check Facebook and log off feeling angrier than before you signed on.

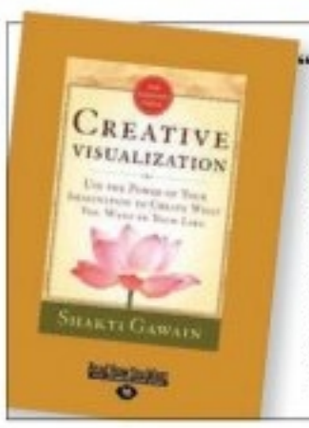


"The Book Of You"

by Nora Rosendahl, Nelli Lahteenmaki and Aleksi Hoffman

If far-reaching theories are not your thing, try the small, actionable tips outlined in this book — things like writing down something you love about yourself, being nice to a stranger or smiling when you don't necessarily feel like it ("research shows that the mere act of smiling will actually make you feel happier"). It sounds cringeworthy on paper, but is a good reminder of the power of being kind to yourself and other people.

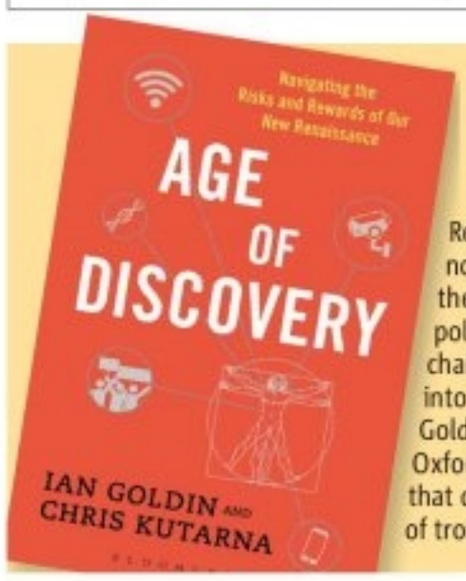




"Creative Visualization"

by Shakti Gawain

In this self-help classic published in 1978, Gawain lays out a tutorial in creative visualization, the practice of visualizing what you want in life in order to create positive change. Modern-day success stories like Net-a-Porter founder Natalie Massenet swear by it.



"The Age Of Discovery"

by Ian Goldin and Chris Kutarna

Released in May, this nonfiction book puts the sweeping economic, political and digital changes we're witnessing into historical context. Goldin and Kutarna, two Oxford academics, argue that despite the abundance of troubling headlines, we're experiencing a new renaissance and we're living in the greatest time in history to be alive as a result. On the days when you've received one depressing news alert too many, break this book out to gain a sense of perspective and renewed motivation to play the long game.

Does your cold-brewed coffee pack more of a punch than regular drip? We asked an expert. ISTOCK

Does cold brew have more kick?

Or are the effects all in your head?

KATE MOONEY
@MetroPhilly
letters@metro.us

In the summer, many habitual coffee drinkers make the switch to iced coffee, which goes down a lot easier than a hot, steaming cup of joe on a 90 degree day. A trendier option is cold-brewed coffee, which began as a niche among coffee snobs and has since gone mainstream, with chains like Starbucks and Dunkin' Donuts adding it to their drink menus.

It's cold, refreshing and less acidic than hot coffee — the perfect start to a summer morning, or a pick-me-up on a sweaty afternoon. But does it have as much caffeine as other brewing methods? Or is that extra punch all in your head? Here are a few factors to consider when depending on cold brew for your mid-afternoon recharge.

Exacting and extracting

The ideal temperature at which to extract caffeine is between 195 and 205 degrees Fahrenheit, according to the Specialty Coffee Association of America's standards. So does that mean cold-brewed coffee is actually less caffeinated? It's not that simple. Other factors contribute, such as length of brewing time and the grounds-to-water ratio.

"Caffeine, ironically, is a rather slow-extracting ingredient," says Kevin Sinnott, coffee expert and author of "The Art and Craft of Coffee."

For cold brew, while temperatures remain far below boiling point, the coffee grinds steep in water for 10-24 hours at a higher grounds-to-water ratio — but as of yet, it hasn't been sufficiently researched to what extent that makes up for the potential dip in caffeine, according to Sinnott.

Mind over matter

Believe it or not, some of the effect of your caffeine intake is psychological. The actual amount of caffeine doesn't always align with your perception, Sinnott says. He cites espresso as a classic example of a placebo effect: People often experience a jolt of adrenaline from one shot, but in reality a shot of espresso has less caffeine (80 milligrams per 2 ounce shot) because its extraction only lasts 20-30 seconds, compared to traditional drip coffee, which brews for five minutes and has 120 milligrams per 12 ounce cup.

"Never underestimate the possibility of the placebo effect or setting," says Sinnott. "Those are all factors. I'll run into somebody who's just back from Hawaii and they'll say, 'Oh, I had the best cup of coffee I've ever had: a Kona coffee.' Hawaiian coffee is fine, but in the coffee industry it's not necessarily considered better than any other kind, but people associate it with having it on vacation."

Protecting Care for Our Community's Most Vulnerable Children and Adults

To Our Community,

As the leaders of two of greater Philadelphia's most critical safety-net hospitals, which serve some of the city's most vulnerable citizens, our primary focus each and every day is to provide high-quality, trusted care to tens of thousands of our neighbors.

Our ability to provide access to care is being threatened by UnitedHealthcare Community Plan, which has terminated our Medicaid contracts at St. Christopher's Hospital for Children and Hahnemann University Hospital, effective August 1. This means both hospitals are out of network for all UnitedHealthcare Community Plan and Children's Health Insurance Program (CHIP) members.

For the past several months, we have been working cooperatively with UnitedHealthcare to renew our current agreement. Despite making every effort to come to an agreement, including offers to significantly reduce rates for St. Christopher's Hospital for Children and Hahnemann University Hospital, UnitedHealthcare Community Plan refuses to come to a reasonable resolution. **Instead, UnitedHealthcare Community Plan has chosen to disrupt their own members' healthcare and terminate our contract, which not only hurts our ability to care for UnitedHealthcare Community Plan members, but sends a clear and disheartening statement to our community's most underserved population.**

We want nothing more than to reach an agreement with UnitedHealthcare Community Plan to ensure the most vulnerable among us are cared for, and we are continuing to work diligently to protect our patients by resolving this issue. However, it's critical that we remain true to our mission of caring for our patients and turn our attention to helping them get the care they need. There's no need for a single one of our most in-need citizens to go without care at the hospitals they know, trust and have easy access to.

We encourage UnitedHealthcare Community Plan members to switch to a Medicaid plan that includes St. Chris and Hahnemann. Information about the plans can be found by calling Pennsylvania Enrollment Services at (800) 440-3989 or visiting www.EnrollNow.net. New Jersey Medicaid members should call (800) 701-0710 or visit www.NJFamilyCare.org. In addition, it's important for all patients to know that they can visit St. Chris and Hahnemann for emergency care anytime.

We look forward to continuing to care for the health and well-being of our community and are grateful to our patients and our employees for their support as we fight to protect the care of our community and patients.

Sincerely,

J. Mark McLoone, FACHE
Chief Executive Officer
St. Christopher's Hospital for Children

Michael P. Halter, FACHE
Chief Executive Officer
Hahnemann University Hospital

St. Christopher's Hospital for Children

Hahnemann University HOSPITAL

CHIP RUINED PRESEASON FOOTBALL

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

Last year's preseason game against the Packers was fool's gold. GETTY IMAGES

Chip Kelly ruined the preseason forever.

Like every fan, I always told myself not to take the full-priced practice games too seriously. But still ...

Last summer, when Sam Bradford went 10-for-10 with three TD passes at Lambeau and the Eagles rang up 39 points on the Packers — well, I forgot that rule. I persuaded myself that Chip had mastered the art of coaching offense, that Sammy Sleeves was the perfect QB for the system, that the Birds were going to dominate their division. Don't lie, you bought in, too.

Well, never again.

No matter what brilliance I see in this year's preseason opener Thursday night against the Tampa Bay Bucs, I refuse to believe my lying eyes. Thanks loads, Chip.

Like this: Carson Wentz should get into the game in the second half. Playing against Tampa's backups and rookies, he'll likely do great. He's big and smart, and if the newbies on his side of the ball can't protect him, Wentz will just run for some long gainers. The crowd at the Linc will go nuts. My radio callers next weekend will nominate Wentz for enshrinement in Canton. And sadly, I'll be that sober voice of restraint that douses everyone's enthusiasm.

I blame Chip.

The first preseason game is usually the worst. We've been waiting eight months for Eagles football. Kickoff Thursday is at 7 p.m. By 7:15, we'll want to fast-forward to the regular season. Be ready for false starts and dropped balls and blown signals. Referees love to call every piddling penalty in the preseason, aiming to get players more disciplined. Anyway, we'll watch. And while I'll repeat that nothing really matters, there are a few things worth noting:

• Keep an eye on Jason Peters, even if he plays just a series or two. The veteran left tackle declined last season and has been battling injuries through camp. But so much of the offense's success this season will rely on Peters being effective.

• See which, if any, of the Eagles wide receivers makes a play. Likewise, watch for rookie RB Wendell Smallwood to flash something. A recent ESPN article ranked the Birds' skill players last among the 32 NFL teams. It's tough to argue with that assessment until someone on this roster proves otherwise.

• Formations tend to be vanilla in the preseason. Still, it'll be interesting to see Jim Schwartz shift the defense from 3-4 to 4-3. Fletcher Cox should be helped by the change. Connor Barwin may not be. This game marks the first chance to check it out.

• Keep an eye out for uniform No. 32. CB Eric Rowe, last year's second-round pick, has fallen out of favor with his coaches. Take note of how much and where he plays. And, of course, watch Carson Wentz. Cheer madly if he does well. But just remember last year's preseason rout at Green Bay. And if that's a downer, it's all Chip Kelly's fault.

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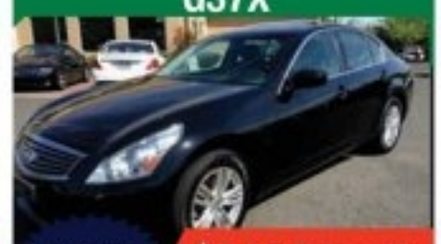
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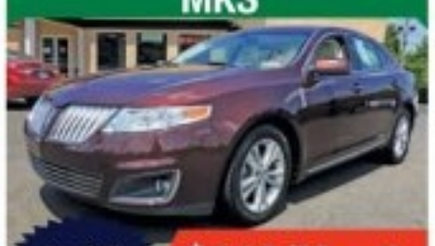
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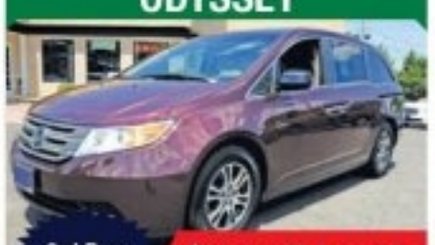
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Utley will forever be an icon in Philly

A look back at the biggest moments by No. 26.

KYLE PHILLIPPI
@Kyle_Phillippi
sports@metro.us

Chase Utley will be back in Philly next week as a member of the Dodgers. GETTY IMAGES

For over 5,500 days, Chase Utley was a member of the Philadelphia Phillies organization. He became an instant fan favorite and a beloved icon in the city's sports scene.

It's been just 356 days since the Phillies shipped Utley to Los Angeles, and Monday night's series opener with the Dodgers marked the two sides' first encounter since the deal.

About a year removed from last playing in red and white pinstripes, Utley's presence remains felt on the team's fan base.

Which moments still stand out as the brightest?

Grand slam in first start

Talk about foreshadowing. Utley made his major league debut on April 4, 2003, and later made his first start on April 24 against Colorado. It was then that he proceeded to set off some fireworks in the form of a grand slam.

Surprisingly, he was sent back down six days later. He would eventually come back and play out the final two months, finishing with a .239 average that season.

35-game hitting streak

In 2006, Utley strung together a 35-game hitting streak that tied Luis Castillo for the longest such streak by a second baseman. He fell three games of longtime teammate, Jimmy Rollins, for the longest in the organization.

The feat was also the longest by a left-handed hitter since 1945. His efforts would eventually earn him the Silver Slugger Award as the top hitting second baseman with a .309 average, 32 home runs and 102 RBIs.

2008 World Series

This will ultimately be what he's most remembered for as his effort during the postseason was unheralded. Before that, he led the Phillies to their first National League pennant since 1993. He blasted a pair of home runs against Tampa Bay and also had one of the more memorable plays with his fake-throw and throw to home that cut down a runner before scoring.

He also uttered three words during the parade that will forever remain in Philadelphia sports lore.

The following season, Utley wound up launching five home runs in the World Series to tie Reggie Jackson for the most ever in the final series. Despite the loss, this really place Utley on the national map as the best second baseman in baseball.

Five-straight All-Star Game starts

This is yet another accomplishment that showcases his longevity as, arguably, the decade's most decorated second baseman.

From 2006-2010, Utley was selected as the Midsummer Classic's National League starter at second base. He would later make and start his sixth All Star Game in 2014.

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221 W. Girard Ave. (drop off only)
Hours: M-F 8:30-3:30p.m. Sat: 10-2p.m.
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Mitchell Test Strips INC
We buy Diabetic Test Strips
We pay the highest prices
GUARANTEED • We will pick up.
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$$ CASH PAID $$
BUYING NICOTINE PATCHES / GUM and Diabetic Test Strips
We Pickup
215-395-7100

CA$H PAID
FOR DIABETIC TEST STRIPS!
ABSOLUTE TOP VALUE

MOST BRANDS ACCEPTED
PAY UP TO $50 PER BOX
WE PICK UP
Call James 610-453-2525

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ITEMS WANTED

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$ BUYING Diabetic Test Strips, Nicotine Patches/Gum PAYING up to $50/Box $
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Drop off at 1802 E. Allegheny Ave. Phila

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CASH FOR DIABETES TEST STRIPS

- Up to $35/box!
Payment Made SAME-DAY We Receive Your Strips!
Call Jenni for a Quote Today!
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(any condition)
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CASH PAID
FREE TOWING
SAME DAY PICKUP
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WE BUY JUNK CARS!
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Free pickup!
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or 215-429-8336

$$$ UP TO $1100.00 $$$
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w/ or w/out title
500.00 CASH $$$
For Any Junk Cars or Trucks
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metro.us/games

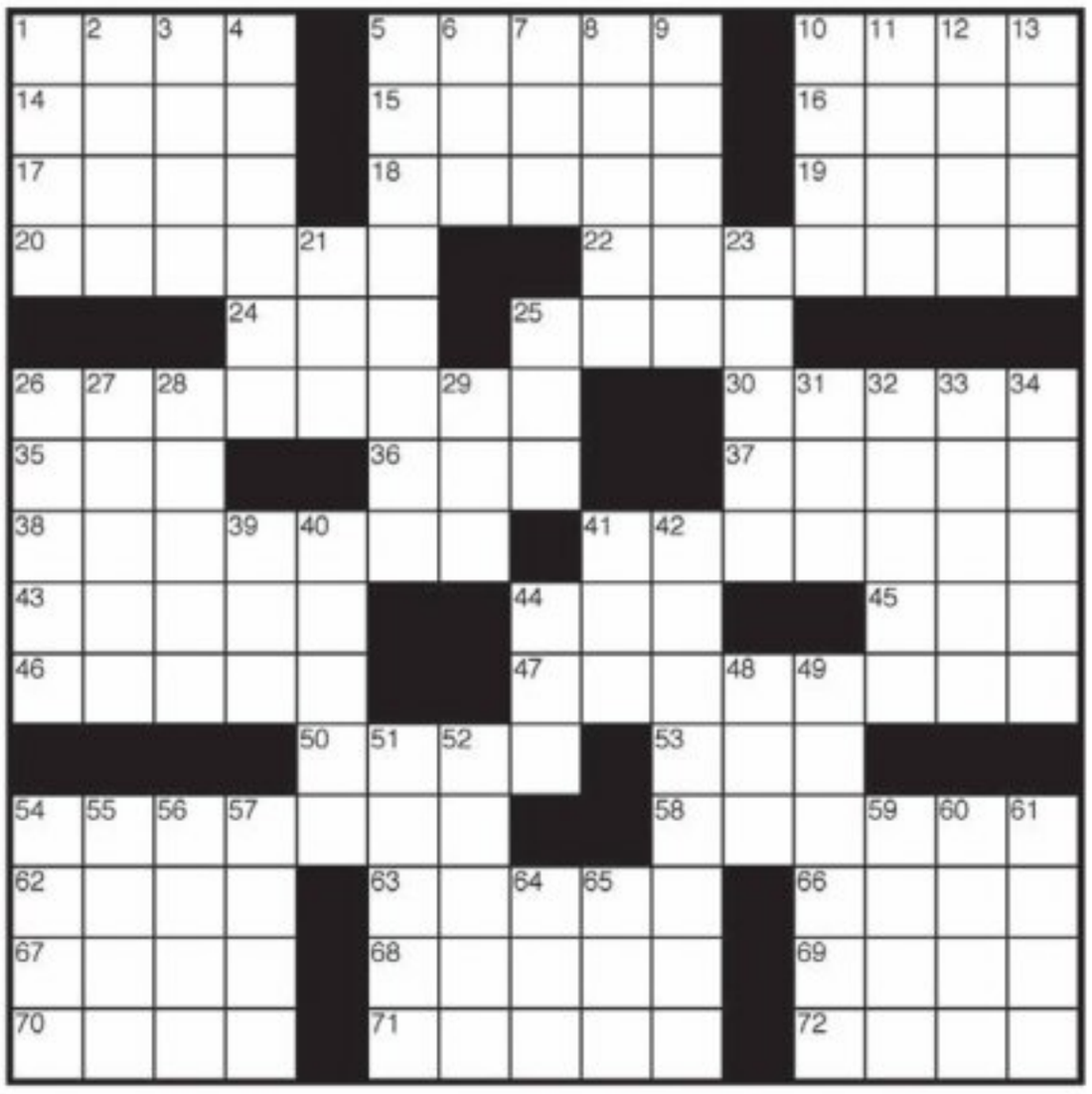
metro.us/crossword

Across

1 Gainsay
5 Shakespeare's theatre
10 North Sea menace
14 What Ali stung like (2 wds.)
15 "The Thinker" sculptor
16 Slugger Moises —
17 NYC art gallery
18 Consumers
19 Baba au —
20 Slept "soundly"
22 Tiny recesses
24 Nitpick
25 Carla, on "Cheers"
26 Doubt
30 Goes with
35 One, to Conchita
36 D.C. lobbying org.
37 Serious theater
38 Land
41 Tarot reader, perhaps
43 Blunts
44 Toshiba rival
45 Sitcom planet
46 Mug with a lid
47 Sincerity
50 Draw with a laser
53 Ill-wisher
54 Stuck (3 wds.)
58 Least
62 Domino
63 Get moldy
66 Middle Easterner
67 Exile isle
68 Board the train
69 Truckers' semis
70 Zoo barker
71 Pumped
72 Hang onto

Down

1 They create ponds
2 Browning's black
3 Verne captain
4 Aches
5 Envious
6 — Lobos, of "La Bamba"
7 Work by Keats
8 Thin-barked tree
9 Come next
10 Fence defense
11 Pre-college
12 Rake
13 Teeth holders
21 Absorb, as costs
23 No-goodnik
25 Single-strand molecule
26 Thigh muscles, in the gym
27 Full-length
28 Mad Dog — (Bogart role)
29 Iron source
31 Electric bridge
32 Nevada lake
33 Kuwaiti leaders
34 Loose dresses
39 Yale alumnus
40 "Roots" Emmy winner
41 — annum
42 Mixed it up
44 Highest degree
48 Fair-hiring abbr.
49 La Guardia alternative
51 Physicist Nikola —
52 Fleshy mushrooms
54 Rockies' tribe
55 Nuclear reactor
56 Calgary's prov.
57 Duck or hue
59 Pennsylvania port
60 Kind of advice
61 Cook's meas.
64 Hard wood
65 — been had!



metro.us/sudoku

easy

		5		8		7		
4			1		9			
7	8			2	5	6		
5	2							8
			6	5	8			
3							7	6
		7	5	6			8	9
			9		7			3
		2		4		1		

hard

6			3				5	
					8	9	1	
		5		1		4		
9	4			5			6	
	7		8		6		4	
	8			2			3	1
		2		8		6		
	5	7	6					
	6				3			5

metro.us/horoscopes

Aries You may feel impulsive, but that isn't likely to pan out well for you. Take a moment to go over and organize your plans first. Do what's right.

Taurus Put your networking skills to use. Getting involved with groups and taking part in events that will help you keep abreast of industry news will lead to a prosperous new beginning.

Gemini Organize your time and don't make promises that will be impossible to keep. Overdoing it in any manner will cause problems at home and work.

Cancer Stretch your imagination, think outside the box and utilize your time optimally in order to get the most bang for the least effort. Your savvy, organized and precise actions will pay off.

Le- Offer incentives to anyone who has something you want in order to get your way. Sincerity coupled with action is all it will take. A unique approach will capture plenty of interest.

Virgo Put emotional matters to rest by being up-front about the way you feel and how you want to move forward personally and professionally. Romance is in the stars.

Libra Try something new and exciting, as it will give you the energy and motivation you need to bring about personal change. If what you are doing isn't working for you, do something about it.

Scorpio Do what makes you happy. Adjust your schedule or routine in order to have time to enjoy life, experiment and gain experience. Romance is highlighted and will improve your life.

Sagittarius Stick to your promises or you will ruin your reputation. Arguments will lead only to isolation, not to resolution. Find alternative ways to get along and get things done.

Capricorn You can work around anyone who gets in your way. Your ability to manipulate situations will play in your favor. Don't worry about anyone who walks away.

Aquarius You can settle differences by direct negotiation. Don't let an emotional situation cost you personally or financially. Make whatever change is necessary to protect a relationship.

Pisces Take care of business before someone muscles in. You will be outmaneuvered if you aren't up to date with the latest technology or methods. EUGENIA LAST

Yesterday's answers

R	A	N	T	■	M	E	T	S	■	F	E	U	D	
A	L	O	E	■	E	R	I	C	A	■	I	C	K	Y
P	A	R	A	N	O	R	M	A	L	■	F	R	E	E
T	I	A	■	E	W	E	■	B	R	U	T	U	S	■
■	■	■	A	W	E	D	■	■	E	N	E	■	■	■
S	P	A	D	E	D	■	D	I	A	D	E	M	S	■
A	R	B	O	R	■	F	I	N	D	■	N	E	A	T
K	A	N	■	■	Y	U	C	K	Y	■	■	W	H	O
I	D	E	A	■	A	L	E	S	■	A	L	L	I	N
■	O	R	D	E	R	L	Y	■	C	R	O	S	B	Y
■	■	■	A	D	D	■	■	L	O	G	O	■	■	■
■	B	E	M	O	A	N	■	O	R	O	■	Z	O	O
D	I	V	A	■	G	U	L	F	S	T	R	E	A	M
A	K	I	N	■	E	L	A	T	E	■	A	N	T	E
B	E	L	T	■	■	L	O	S	T	■	J	O	H	N

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